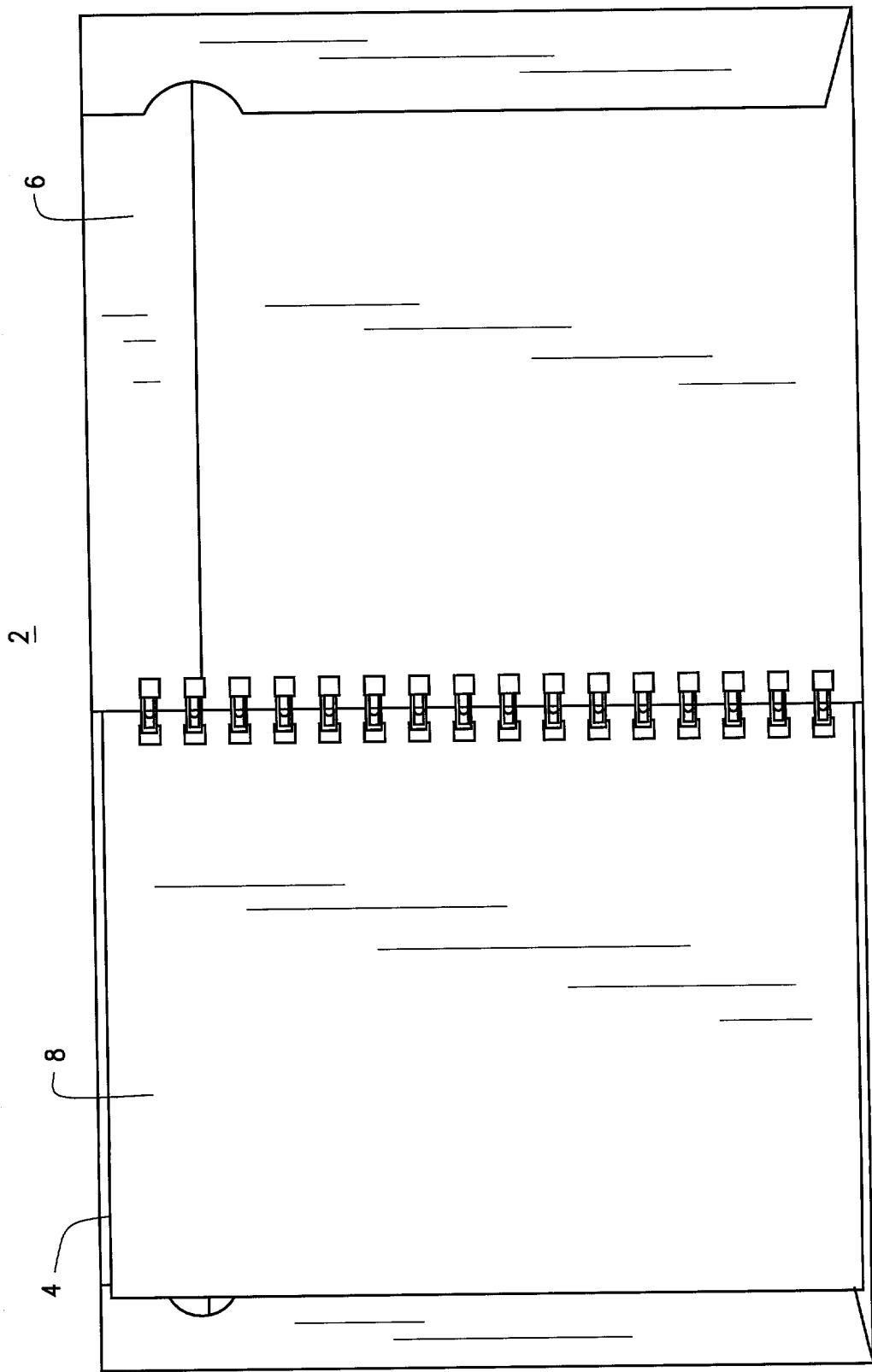


FIG. 1

FIG. 2



FRUIT

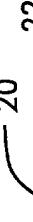
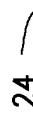
APPLE JUICE OR CIDER	1/2 CUP
APPLE, SMALL	1 (4 OZ)
APPLES, DRIED	4 RINGS
APPLESAUCE, UNSWEETENED	1/2 CUP
APRICOTS, CANNED	1/2 CUP
APRICOTS, DRIED	8 HALVES
APRICOTS, FRESH	4 WHOLE (5 1/2 OZ)
BANANA, SMALL	1 (4 OZ)
BLACKBERRIES	3/4 CUP
CANTALOUP, SMALL	3/4 CUP
CHERRIES, SWEET, CANNED	1/3 MELON OR 1 CUP CUBES
CHERRIES, SWEET, FRESH	1/2 CUP
CRANBERRY JUICE COCKTAIL	12 (3 OZ)
DATES	1/3 CUP
FRUIT COCKTAIL	3
FRUIT JUICE BLENDS, 100% JUICE	1/2 CUP
GRAPE, JUICE	1/3 CUP
GRAPEFRUIT JUICE	1/3 CUP
GRAPEFRUIT, SMALL	1/2
GRAPES, SMALL	17 (3 OZ)
HONEYDEW, MELON	10 OZ SLICE OR 1 CUP CUBES

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KIWI	1 (3 1/2 OZ)
MANDARIN ORANGES, CANNED	3/4 CUP
NECTARINE, SMALL	1 (5 OZ)
ORANGE JUICE	1/2 CUP
ORANGE, SMALL	1 (6 1/2 OZ)
PEACH, MEDIUM, FRESH	1 (6 OZ)
PEACHES, CANNED	1/2 CUP
PEAR, LARGE, FRESH	1/2 (4 OZ)
PEARS, CANNED	1/2 CUP
PINEAPPLE JUICE	1/2 CUP
PINEAPPLE, CANNED	1/2 CUP
PINEAPPLE, FRESH	3/4 CUP
PLUMS, SMALL	2 (5 OZ)
PRUNE JUICE	1/3 CUP
RAISINS	2 TBSP
RASPBERRIES	1 CUP
STRAWBERRIES	1 3/4 CUP
WHOLE BERRIES	
TANGERINES, SMALL	2 (8 OZ)
WATERMELON	13 OZ SLICE OR 1 1/4 CUP CUBES

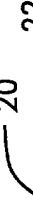
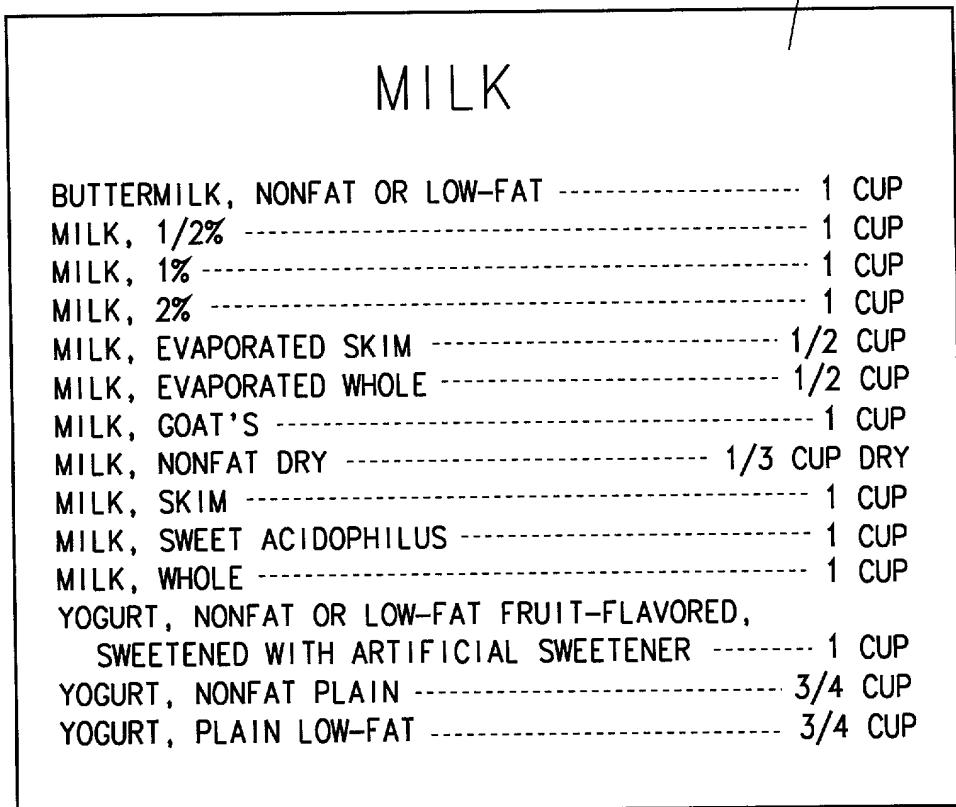


FIG. 3

FIG. 4



MILK	
BUTTERMILK, NONFAT OR LOW-FAT	1 CUP
MILK, 1/2%	1 CUP
MILK, 1%	1 CUP
MILK, 2%	1 CUP
MILK, EVAPORATED SKIM	1/2 CUP
MILK, EVAPORATED WHOLE	1/2 CUP
MILK, GOAT'S	1 CUP
MILK, NONFAT DRY	1/3 CUP DRY
MILK, SKIM	1 CUP
MILK, SWEET ACIDOPHILUS	1 CUP
MILK, WHOLE	1 CUP
YOGURT, NONFAT OR LOW-FAT FRUIT-FLAVORED, SWEETENED WITH ARTIFICIAL SWEETENER	1 CUP
YOGURT, NONFAT PLAIN	3/4 CUP
YOGURT, PLAIN LOW-FAT	3/4 CUP

FIG. 5

STARCH

ANIMAL CRACKERS	8	1/2 (1 OZ)
BAGEL		1/3 CUP
BAKED BEANS		1/3 CUP
BEANS, DRIED, COOKED		1/2 CUP
BISSCUIT, 2 1/2" DIAMETER	1	1/2 CUP
BREAD STICKS, CRISP (4"X1/2")		2 (2/3 OZ)
BREAD, REDUCED CALORIE -- 2 SLICES		(1 1/2 OZ)
BREAD		1 SLICE (1 OZ)
BUN, HOT DOG OR HAMBURGER		1/2
CEREALS, COOKED		1/2 CUP
CEREALS, UNSWEETENED, READY-TO-EAT		1/2 CUP
CORN ON THE COB, MEDIUM EAR		1 (5 OZ)
CORN		1/2 CUP
CORNMEAL, DRY		3 TBSP
ENGLISH MUFFIN		1/2
FLOUR, DRY		3 TBSP
GRAHAM CRACKERS, 2 1/2" SQUARE		3
GRITS, COOKED		1/2 CUP
MELBA TOAST		4 SLICES
OATS, COOKED		1/2 CUP
OYSTER CRACKERS		2
PANCAKE, 4" DIAMETER		2
PASTA, COOKED		1/2 CUP

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PEAS, DRIED, COOKED ----- 1/2 CUP

PEAS, DRIED, COOKED -----	1/2 CUP
PEAS, GREEN -----	1/2 CUP
PITA, 6" DIAMETER -----	1/2
POPCORN, POPPED -----	3 CUPS
POTATO, BAKED OR BOILED ---1 SMALL	(3 OZ)
POTATO, MASHED -----	1/2 CUP
PRETZELS -----	3/4 OZ
RAISIN BREAD, UNFROSTED ---1 SLICE	(1 OZ)
RICE CAKES, 4" DIAMETER -----	2
RICE, WHITE OR BROWN, COOKED -----	1/3 CUP
ROLL, PLAIN, SMALL -----	1 (1 OZ)
SALTINE-TYPE CRACKERS -----	6
SNACK CHIPS, FAT-FREE -----	15-10 (3/4 OZ)
SQUASH, ACORN, BUTTERNUT -----	1 CUP
TORTILLA, CORN 6" DIAMETER -----	1
TORTILLA, FLOUR, 8" DIAMETER -----	1
WAFFLE, 4 1/2" SQUARE -----	1
YAM/SWEET POTATO, PLAIN -----	1/2 CUP

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G 11

VEGETABLE

* SERVING SIZES ARE:

- 1/2 CUP OF COOKED VEGETABLES
- 1/2 CUP VEGETABLE JUICE
- 1 CUP RAW VEGETABLES
- ARTICHOKE
- ARTICHOKE HEARTS
- ASPARAGUS
- BEAN SPROUTS
- BEANS (GREEN, WAX, ITALIAN)
- BEETS
- BROCCOLI
- BRUSSEL SPROUTS
- CABBAGE
- CARROTS
- CAULIFLOWER
- CELERY
- CUCUMBER
- EGGPLANT
- GREEN ONIONS
- GREENS (COLLARD, KALE, MUSTARD, TURNIP)
- KOHLRABI
- LEeks

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MIXED VEGETABLES (WITHOUT CORN, PEAS)

MUSHROOMS

OKRA

ONIONS

PEA PODS

PEPPERS (ALL VARIETIES)

RADISHES

SALAD GREENS (ENDIVE, LETTUCE, ROMAINE)

SAUERKRAUT

SCALLIONS

SPINACH

SUMMER SQUASH

TOMATOES, FRESH, CANNED, SAUCE, PASTA

TURNIPS

WATER CHESTNUTS

WATERCRESS

ZUCCHINI

36

40

MIXED VEGETABLES (WITHOUT CORN, PEAS)

MUSHROOMS

OKRA

ONIONS

PEA PODS

PEPPERS (ALL VARIETIES)

RADISHES

SALAD GREENS (ENDIVE, LETTUCE, ROMAINE)

SAUERKRAUT

SCALLIONS

SPINACH

SUMMER SQUASH

TOMATOES, FRESH, CANNED, SAUCE, PASTA

TURNIPS

WATER CHESTNUTS

WATERCRESS

ZUCCHINI

FIG. 8

FIG. 9

FAT

AVOCADO, MEDIUM	1/8 (1 OZ)
BACon, COOKED	1 SLICE (20 SLICES/LB.)
BACon, GREASE	1 TSP
BUTTER, REDUCED FAT	1 TBSP
BUTTER, STICK	1 TSP
BUTTER, WHIPPED	2 TSP
COCONUT, SWEETENED, SHREDDED	2 TBSP
CREAM CHEESE, REDUCED FAT	2 TBSP (1/2 OZ)
CREAM CHEESE, REGULAR	1 TBSP (1/2 OZ)
CREAM	2 TBSP
HALF AND HALF	2 TBSP
LARD	1 TSP
MARGARINE, 30% TO 50%	
VEGETABLE OIL	1 TBSP
MARGARINE, STICK, TUB OR SQUEEZE	1 TSP
MAYONNAISE, REDUCED-FAT	1 TBSP
MAYONNAISE, REGULAR	1 TSP
NUTS, ALMONDS, CASHEWS	6 NUTS
NUTS, WALNUTS, ENGLISH	4 HALVES
OIL, CANOLA, CORN, SAFFLOWER, SOYBEAN, OLIVE, OR PEANUT	1 TSP
OLIVES, GREEN STUFFED	10 LARGE
OLIVES, RIPE (BLACK)	8 LARGE

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PEANUT BUTTER, SMOOTH OR CRUNCHY	2 TSP
PEANUTS, DRY ROASTED	10 NUTS
PECANS	4 HALVES
SALAD DRESSING, REDUCED-FAT	2 TBSP
SALAD DRESSING, REGULAR	1 TBSP
SEED, PUMPKIN, SUNFLOWER	1 TBSP
SESAME SEED	1 TBSP
SHORTENING	1 TSP
SOUR CREAM, REDUCED-FAT	3 TBSP
SOUR CREAM, REGULAR	2 TBSP

PEANUT BUTTER, SMOOTH OR CRUNCHY	2 TSP
PEANUTS, DRY ROASTED	10 NUTS
PECANS	4 HALVES
SALAD DRESSING, REDUCED-FAT	2 TBSP
SALAD DRESSING, REGULAR	1 TBSP
SEED, PUMPKIN, SUNFLOWER	1 TBSP
SESAME SEED	1 TBSP
SHORTENING	1 TSP
SOUR CREAM, REDUCED-FAT	3 TBSP
SOUR CREAM, REGULAR	2 TBSP

FIG. 10

FIG. 11

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MEATS & MEAT SUBSTITUTES

BEEF (CORNED BEEF, GROUND, ORGAN MEATS, ROAST, SHORT RIBS, STEAK, TENDERLOIN) LEAN, TRIMMED OF FAT	1 OZ
CHEESE	1 OZ
CHICKEN, WHITE OR DARK MEAT	1 OZ
CORNISH HEN, NO SKIN	1 OZ
COTTAGE CHEESE, NONFAT OR LOW-FAT	1/4 CUP
EGG SUBSTITUTES, PLAIN	1/4 CUP
EGG WHITES	2
EGG, WHOLE	1
FISH (COD, FLounder, Haddock, Halibut, Trout), FRESH OR FROZEN	1 OZ
GAME (DUCK, GOOSE, PHEASANT, VENISON, BUFFALO, OSTRICH, RABBIT)	1 OZ
HERRING (UNCREAMED OR SMOKED)	1 OZ
HOT DOGS	1 OZ
LAMB (ROAST, CHOP, LEG)	1 OZ
LUNCHEON/DELI MEATS	1 OZ
OYSTERS	6 MEDIUM

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PORK (CHOP, CUTLET, GROUND, HAM, ORGAN MEATS, ROAST, STEAK, SPARERIBS, TENDERLOIN), LEAN	1 OZ
SARDINES (CANNED)	2 MEDIUM
SAUSAGE (BRATWURST, ITALIAN, KNOCKWURST, POLISH, SMOKED)	1 OZ
SAUSAGE, 1 GRAM FAT/OZ OR LOWER	1 OZ
SHELLFISH (CLAMS, CRAB, LOBSTER, SCALLOPS, SHRIMP, IMITATION SHELLFISH)	1 OZ
SOY MILK	1 CUP
TOFU	4 OZ OR 1/2 CUP
TUNA, FRESH OR CANNED (DRAINED)	1 OZ
TURKEY, WHITE MEAT, NO SKIN	1 OZ

*LIMIT HIGH-FAT MEATS (E.G. PORK SPARERIBS, GROUND PORK, ALL SAUSAGE, OR OTHER MEATS WITH 8 GRAMS FAT/OZ OR MORE) AND HIGH-FAT CHEESES (E.G. AMERICAN, CHEDDAR, MONTEREY JACK, SWISS) TO 3 SERVINGS PER WEEK OR LESS

FIG. 12

FIG. 13

FREE FOODS

*FOODS WITH A SERVING SIZE LISTED ARE
LIMITED TO 3 SERVINGS PER DAY

BOUILLON, BROTH CONSONME	1 CANDY
CANDY OR MINTS, SUGAR-FREE	1 TBSP
CATSUP	1 TBSP
CLUB SODA	
COCOA POWDER, UNSWEETENED	1 TBSP
COFFEE	
CREAM SHEESE, FAT-FREE	1 TBSP
CREAMERS, NONDAIRY, LIQUID	1 TBSP
CREAMERS, NONDAIRY, POWDERED	2 TSP
DRINK MIXES, SUGAR-FREE	
FLAVORING EXTRACTS	
GELATIN, SUGAR FREE OR UNFLAVORED	
GUM, SUGAR-FREE	
HORSERADISH	
HOT PEPPER SAUCE	
JAM OR JELLY, LOW-SUGAR	2 TSP
LEMON OR LIME JUICE	
MARGARINE, FAT-FREE	4 TBSP

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FREE FOODS

MARGARINE, REDUCED FAT	1 TSP
MAYONNAISE, FAT FREE	1 TBSP
MAYONNAISE, REDUCED-FAT	1 TSP
MUSTARD	
NONSTICK COOKING SPRAY	
PICKLES, DILL	1 1/2 LARGE
SALAD DRESSING, FAT-FREE, ITALIAN	2 TBSP
SALAD DRESSING, FAT-FREE	1 TBSP
SALSA	1/4 CUP
SOFT DRINKS, SUGAR-FREE	
SOUR CREAM, FAT-FREE	1 TBSP
SOY SAUCE	
SPICES OR HERBS, FRESH OR DRIED	
SUGAR SUBSTITUTES	
SYRUP, SUGAR-FREE	2 TBSP
TACO SAUCE	1 TBSP
TEA	
TONIC WATER, SUGER-FREE	
VINEGAR	
WHIPPED TOPPING, REGULAR OR LIGHT	2 TBSP
WINE, USED IN COOKING	
WORCESTERSHIRE SAUCE	

FIG. 14

FIG. 15

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DAILY INSTRUCTIONS

1. BEGIN EACH DAY WITH ALL OF YOUR EXCHANGE CARDS IN THE FRONT POCKET.
2. AFTER EACH MEAL AND SNACK, CALCULATE HOW MANY OF EACH EXCHANGE WAS CONSUMED AND MOVE THOSE CARDS TO THE BACK POCKET.
3. REMEMBER TO RETURN ALL OF THE EXCHANGE CARDS TO THE FRONT POCKET AT THE START OF EACH DAY.

OTHER REMINDERS:

- * CHECK YOUR FEET DAILY.
- * NEVER GO BAREFOOT OR WEAR OPEN TOED SHOES
- * GET ANNUAL EYE EXAMS BY OPTOMETRISTS OR OPHTHALMOLOGISTS.
- * FOLLOW YOUR HEALTH CARE PROVIDER'S INSTRUCTIONS FOR ROUTINE PHYSICAL EXAMS, BLOOD TESTS AND OTHER PROCEDURES.

NUMBER OF EXCHANGES FOR EACH CALORIE DIETS

EXCHANGES 1200 1500 1800 2000 2200

STARCH	4	6	8	9	11
MEAT**	5	5	5	6	6
VEGETABLE	3	3	4	5	5
FRUIT	3	3	4	4	4
MILK	2	3	3	3	3
FAT*	4	5	6	7	8

*BASED ON A DIET SUPPLYING APPROXIMATELY

30% OF THE KCALORIES AS FATS.

**BASED ON LEAN AND MEDIUM-LEAN MEATS OR MEAT SUBSTITUTES.

FIG. 16

FIG. 17

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SAMPLE MENU FOR AN 1800 CALORIE DIET			
<u>BREAKFAST</u>			
FRUIT	1 EXCH	FAT	2 EXCH
MILK	2 EXCH	MEAT	1 EXCH
STARCH	2 EXCH		
<u>MORNING SNACK</u>			
FRUIT	1 EXCH		
<u>LUNCH</u>			
FRUIT	1 EXCH	FAT	1 EXCH
MILK	1 EXCH	MEAT	2 EXCH
STARCH	2 EXCH	VEGETABLE	2 EXCH
<u>AFTERNOON SNACK</u>			
STARCH	1 EXCH		
<u>SUPPER</u>			
FRUIT	1 EXCH	FAT	2 EXCH
MILK	1 EXCH	MEAT	2 EXCH
STARCH	2 EXCH	VEGETABLE	2 EXCH
<u>EVENING SNACK</u>			
STARCH	1 EXCH	FAT	1 EXCH

ABBREVIATIONS

#	NUMBER
#"	NUMBER OF INCHES
E.G.	FOR EXAMPLE
EXCH	EXCHANGE
LB	POUND (16 OUNCES)
OZ	OUNCE
Tbsp	TABLESPOON
TSP	TEASPOON

FIG. 18

FIG. 19

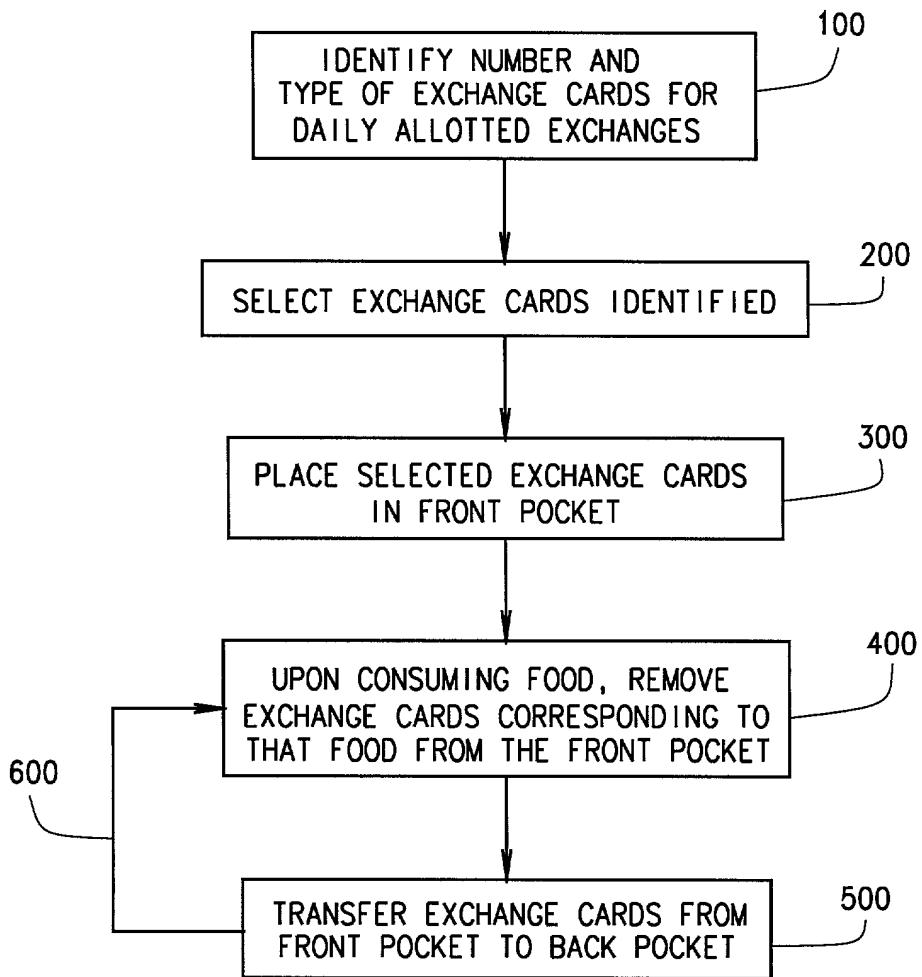


FIG. 20